



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Appenroth, Enzo

Club: SV Wacker Rottleberode

Number: 201

Course: 2.30 km

Schnupperlauf

Category:

männliche Jugend U10 (8-9 Jahre)

Total time: 11:45

Speed: 10.21 km/h

Running performance: 5:07 min/km

Rank in course/Total: 8 (of 37)

Rank in course/Men: 4 (of 19)

Best time in course: 9:45

Rank in category: 3(of 11)

Best time in the category: 11:10